

NEW PUBLIC SERVICE ANNOUNCEMENT CELEBRATES THE RESILIENCE AND OPTIMISM OF THE PD COMMUNITY

This spring, APDA launched a new public service announcement (PSA) celebrating the resilience, strength, and optimism of people with PD, encouraging them to keep doing the things they love — even if they have to do them differently.

Produced in English and Spanish, the campaign challenges outdated stereotypes, raises awareness, and offers hope, reminding everyone affected by PD that they are not alone and that APDA is here to support them. The PSA features eight inspiring people with PD who, despite the varying symptoms and challenges they face, are determined to live life to the fullest. For some, that means finding new ways of doing the things they've enjoyed for years. For others, it means exploring new activities that bring them joy. It is not easy, and their challenges are real, but that doesn't stop them — they pivot, adapt, and find ways to enjoy life.

MEET THE CAST:



CARLOS VELEZ, 49, of Chesapeake, VA, who was diagnosed in 2023, remains a committed beekeeper who continues to show up to tend his hives.



ELISA MEDEROS, 77, of Deerfield Beach, FL, who was diagnosed in 2014, fills her days with new hobbies, including painting and learning to play the piano.



JOAN FURMAN, 78, of Nashville, TN, who was diagnosed in 2022, has made adjustments that allow her to keep moving gracefully across the floor.



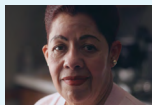
JOANNE MURRAY, 67, of Covington, GA, who was diagnosed in 2019, plays Bid Whist — a fast-paced card game — every week with a close group of friends.



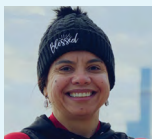
JOSEPH LADNIER, 68, of Mount Juliet, TN, who was diagnosed in 1997, now fishes from riverbanks rather than wading in the water and has no plans to set down his rod and reel.



LUIS TORREZ, 60, of Fullerton, CA, who was diagnosed in 2018, remains determined to embrace every opportunity to explore new places and cultures.



MIREYA PINTOR, 55, of Streamwood, IL, who was diagnosed in 2018, is cooking up a storm and pouring love and care into the meals she prepares for her family.



REGIANE GOMES CAMPOS DE OLIVEIRA, 51, of Boston, MA, who was diagnosed in 2019, participates in running races throughout the year and dreams of completing the seven World Marathon Majors.

To view the PSAs and learn more about our inspiring cast members, visit apdaparkinson.org/PSA.



A MESSAGE FROM OUR PRESIDENT & CEO

Dear Friend,

As spring brings renewal and fresh beginnings, I'm reminded of how grateful we are for your support. Your dedication allows us to bring hope, care, and strength to people living with PD.

In this edition of *Insights*, we highlight our new public service announcement campaign — an honest look at life with Parkinson's. Every person featured is living with PD, yet remains determined to stay active and engaged. Their stories challenge outdated stereotypes and offer something powerful: proof that a diagnosis doesn't mean giving up things that you love.

I'm deeply grateful for everything we're building together as we continue to support and strengthen the PD community. The strides we've taken are a direct reflection of your generosity, and I'm looking forward to what we'll achieve in the months ahead.

Leslie A. Chambers
President & CEO
American Parkinson Disease Association

HONORING A FATHER'S LEGACY

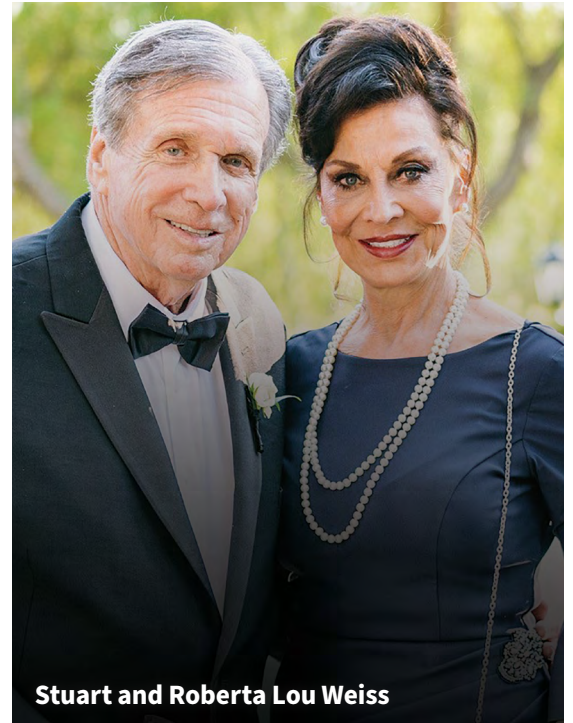
In a moving tribute to their father who had a passion for research, the Weiss family recently made a generous gift to APDA from a Donor Advised Fund (DAF).

To commemorate this special contribution, APDA has created the Stuart R. Weiss Research Grant, which honors the life of Stuart R. Weiss, MD, an esteemed endocrinologist and accomplished researcher. Driven by a

passion for developing new therapies and known for his rigor and success, Dr. Weiss built one of the nation's largest private pharmaceutical research organizations, was widely sought for his expertise, generously supported causes close to his heart, and lived with PD for 16 years. In partnership with the Weiss family, we established this grant to honor Dr. Weiss's legacy and inspire young researchers to follow in his footsteps.

APDA is grateful for the Weiss family's generous support, which will help fuel our research program that champions early-career scientists who want to build a lifelong career in PD research.

To learn more about giving through a DAF, or other ways to pay tribute to a loved one, please contact June Colasuonno at jcolasuonno@apdaparkinson.org.



Stuart and Roberta Lou Weiss

INTRODUCING THE PARKINSEX CARD GAME

Parkinson's disease can affect many aspects of a relationship, including physical and emotional intimacy. Symptoms such as fatigue, stiffness, changes in movement, and shifts in mood can make it more difficult for partners to connect in the ways they once did. Over time, couples may find themselves feeling distant — even when they deeply care for one another. As a result, a few years ago APDA created ParkinSex — a unique kit and booklet designed to help people reconnect and rebuild intimacy in ways that feel right for them. Due to the overwhelming response to the original ParkinSex kit, we have now created a companion resource — **a ParkinSex card game!**

INVESTING IN THE NEXT GENERATION OF PARKINSON'S RESEARCHERS

At APDA, supporting early career researchers is a strategic priority. Scientists at the beginning of their careers often bring fresh ideas and innovative ways of thinking to complex problems. By investing in these researchers early, APDA helps launch promising scientific careers while accelerating discoveries that may lead to better treatments and, ultimately, a cure.

One of the key ways APDA supports emerging scientists is through its Post-Doctoral Fellowship program. These fellowships are awarded to post doctoral researchers (early career scientists who have recently received their PhDs), whose work shows strong potential to deepen our understanding of the causes of PD and to uncover new approaches to treatment. By providing funding at this critical stage, APDA allows researchers to focus on bold, high-impact projects that might otherwise struggle to receive support.



DR. BRIANNE ROGERS is a post-doctoral fellow currently focusing on understanding how certain genes linked to PD are controlled. One gene of particular interest is SNCA, which produces a protein called alpha-synuclein. In people with PD, this protein can accumulate abnormally in brain cells and form structures known as Lewy bodies, which are associated with the disease.

Rather than studying the gene itself, Dr. Rogers is investigating the “switches” in our DNA called regulatory elements that turn genes on or off. By identifying which of these switches control the SNCA gene, and how genetic differences might affect them, her research could reveal entirely new targets for therapy.

With support from APDA, early-career scientists like Dr. Rogers are helping open new paths toward better understanding of PD. Visit apdaparkinson.org/Research to learn more about APDA funded research projects.

ParkinSex: The Game is a fun and low-pressure way to spend time together that can help foster connection and intimacy. It was designed to help couples gently rebuild connection with cards that prompt playful activities to spark conversation, encourage closeness, and help partners explore intimacy in ways that feel comfortable and meaningful. By creating a playful space for communication, the game can help couples overcome common barriers and rediscover connection. And although the game comes with an explanation of how to play, it's ok to make up your own rules to the game as well! However you play it, enjoy the time together and have fun with the prompts!

Have we piqued your interest?

Visit apdaparkinson.org/ParkinSex to get your free card came today. *(Quantities are limited, so act fast!)* If you don't already have the original ParkinSex kit and booklet, you can order that as well.



APDA Optimism Walks underway

Get ready to move, connect, and make a real impact — our APDA Optimism Walk season is in full swing! These Walks are more than just steps; they're a powerful show of community and support. You can join passionate people coming together to raise awareness, raise funds that fuel vital programs, and celebrate resilience. Find an Optimism Walk near you at apdaparkinson.org/optimism-walks and register today! Form a team with friends or sign up on your own — you'll make plenty of friends once you get there! Get ready to be part of something inspiring — we can't wait to walk alongside you!



“ASK THE DOCTOR”

with Dr. Rebecca Gilbert

Q. I cannot sleep due to tremors in my right arm and my big toe curling inwards involuntarily. What can I do about this?

A. When people have difficulty at night, sometimes it is because their medication has worn off. If this is the case for you, talk to your doctor about taking a long-acting formulation of the medication before bed, which can be helpful. Long-acting formulations include Carbidopa/levodopa extended release, Rytary®, and Crexont®.

Q. After 18 years with PD, I recently developed bothersome episodes when my face twitches. Could this be due to my Parkinson's?

A. Yes, it is possible to develop facial movements after years of PD treatment. These are likely levodopa-induced dyskinesias, a side effect of the PD medication carbidopa/levodopa. Talk with your neurologist about possibly changing the timing or dose of your medication to see if this can help to decrease the facial movements. There are also medications that can be added to your regimen (amantadine or Gocovri®) that could help if changing your carbidopa/levodopa regimen does not solve the problem.

Dr. Rebecca Gilbert is the Chief Mission Officer at APDA. She oversees APDA's research portfolio in conjunction with APDA's Scientific Advisory Board. She also provides medical and clinical expertise to support APDA programming as well as print and web content.

Q. I was just prescribed carbidopa/levodopa for the first time and I was told to take it three times a day. What are the best times to take it?

A. I would defer to your neurologist, but typically, we recommend that carbidopa/levodopa be taken in even intervals during waking hours — so that often corresponds to 1) upon waking, 2) middle of the day, and 3) early evening (potential timing could possibly be 8AM, 1PM, and 6PM).

You may hear a lot of contradictory information about whether the medication needs to be taken with or without food. When carbidopa/levodopa is first started, nausea can be an issue for some people. If this is a problem, the medication can be taken with a simple food like plain crackers, which tends to help with nausea. As PD advances, some people find that dietary protein (such as chicken, beef, pork, or fish) interferes with medication absorption and that the medication is less effective when taken with protein. This is not the case for everyone, even with advanced disease, and would be unusual for anyone early in the disease course.

Visit apdaparkinson.org/Tips to get more helpful tips and information to make life with PD a bit easier.

APDA Advocacy Alert:

APDA served as co-hosts for the 2026 Parkinson's Policy Forum, held in March in Washington, D.C. Together with the Michael J. Fox Foundation, the Parkinson's Foundation, and the PMD Alliance, we convened more than 300 people living with PD, care partners, and care providers from 49 states and Washington, D.C. who came with stories of resilience, caregiving, and determination that carried them straight to the offices of their representatives on Capitol Hill. Together, we delivered a clear, unified message to Congress: accelerate research investment, implement the National Parkinson's Project and address environmental risk factors linked to Parkinson's disease. As the forum closed, one thing was clear: the voices of the Parkinson's community have been heard loudly, passionately, and persistently, laying groundwork for progress in the year ahead. To learn more about APDA's advocacy efforts and to get involved visit apdaparkinson.org/advocacy today!



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For more information, or to learn about the many ways you can support APDA, visit our website at apdaparkinson.org/Insights26 or call (800) 223-2732.